

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688
800-942-2502 - Fax 727-942-1837

48351 Caribbean Black Bean Soup

Net Wt 15.25 oz (432g)

Ingredients: Black Beans, Dehydrated Vegetables (Onions, Bell Peppers, Jalapeño Peppers), Garlic, Cumin, Ginger, Cilantro, Chipotle Pepper, Coriander, Oregano, Chili Powder, Thyme, Basil, Allspice, Bay Leaf, Cinnamon, Black Pepper, White Pepper, Cayenne Pepper and Cloves.

The fragrant spices of this delicious soup will take you to the blue waters and white sand beaches of the Caribbean.

You will need;

You will need (4 - 5 quart slow cooker)
4 cups of low sodium vegetable broth
2 cups of water

Meat Option

Add a meaty ham bone, a smoked ham hock or a smoked turkey leg to the bottom of the slow cooker and proceed with the cooking instructions. If desired you can substitute chicken broth for the vegetable broth. When done cooking remove the meat, dice into ½-inch pieces. Return the diced meat to the soup.

Cooking Instructions

1. Rinse and sort the beans then layer in the bottom of the slow cooker.
2. Layer the contents of the mixed vegetable and spice packets over the beans.
3. Slowly pour the vegetable broth and water over the ingredients. Do not stir.
4. Cover and cook on high for 4½ to 5½ hours or low for 8 to 8½ hours.
5. When ready to serve salt to taste.

Serving Suggestions

For delicious Caribbean flavor add a 15 oz can of pumpkin puree and a 13½ fl oz can of unsweetened coconut milk before serving.
Garnish with any combination of sour cream, green onion, diced tomatoes, fresh cilantro, minced red onion, fresh grated ginger and avocado slices.
Serve with lime wedges. Lime juice greatly enhances the tropical flavor.
Stir in a little sherry or rum before serving.
Serve with warm tortillas or tortilla chips.

Nutrition Facts

Serving Size As Packaged 1.9 oz. (55g)
As Prepared 8.2 oz. (234g)
Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared
Calories	180	200
Calories from Fat	0	5
% Daily Value**		
Total Fat 0g*	0%	0%
Sat. Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 5mg	0%	10%
Total Carbohydrate 34g	11%	12%
Dietary Fiber 5g	20%	24%
Sugars 6g		
Protein 10g		
Vitamin A	2%	10%
Vitamin C	50%	50%
Calcium	2%	2%
Iron	15%	15%

* Amount in Mix. As prepared, one serving provides 0g total fat (0 saturated fat), 0mg cholesterol, 240mg sodium, 37g carbs (6g fiber, 7g sugar) and 11g protein.

**Percent Daily Values (DV) are based on a 2,000 calorie diet.